

## Personal Information Form

Any information that helps me know you well also allows me to provide the best coaching possible. Please respond to the following – the information will be held confidentially and is used only to maximize our coaching relationship.

Your name:

Name you like to be called:

Address:

Phone Numbers:

E-mail:

Occupation:

Employer Name:

Date of birth:

Marital Status:

Name of Significant Other:

Names and ages of children:

Your Autobiography - Write a brief life story. Add extra pages if you would like. Use a form that works for you – paragraphs, bullet points, whatever. Include anything that will help me know you well.

What results do you hope to gain from coaching?

What are the most important things (good and bad) happening in your life right now?

Describe your support system - your personal "community." These are the people that are there for you – family, friends, mentors, support groups, growth groups, etc.

Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God.

Are you now or have you ever been in counseling or therapy? If yes, please explain.

Do you have any insecurities about coaching? If so, what are they?

Is there anything else that would be helpful for me to know?